7 Reasons Why Time-In and NOT Time-Out

Experienced parents often want to share with foster and adoptive parents how to raise their children, they may tell you to put your child in time-out, spank them, and offer a plethora of other solutions. Problem being, a biological child thinks very differently than a child who’s worried about where their next meal will come from, if someone will come when they cry, if that someone who comes will hit or kick them. Raising a hurting child looks different, and that’s okay. Because it looks so different, I am here to give you solutions that do work. So, here are some reasons why time-in is better than time-out for a hurting child.

1. **Sending a hurting child to their room causes them to feel fear.** Many of our children lived in fear before they came to us.

2. **Hurting children don’t have the ability to self-regulate.** Hurting children are unable to regulate their emotions, and they need our help.

3. **Being alone doesn’t heal.** Keeping your child near you will aid in the healing process.

4. **A hurting child can’t calm the chaos on their own.** A traumatized child tries to recreate that chaos in their real world because the calm makes them uncomfortable.

5. **Time-outs don’t build trust.** When we send a child to time-out, they don’t know if they can trust us. A hurting child has difficulty trusting caregivers.

6. **Time-outs don’t build relationships.** Sending them away will not build your relationship.

7. **The lack of feeling safe makes our kids want to control their environment.** Your child’s fears stem from their life prior to meeting you.

Adapted from source: https://lovinadoption.com/2014/02/21/7-reasons-why-time-in-not-time-out/
Does Your Foster Teen Need $ for Activities?

IFAPA has received special money from Chafee Funds for teens (age 14 and older) in foster care that can only be requested through June 30, 2017. This special grant can be accessed through IFAPA’s Friends of Children in Foster Care Program. These grants will be available for up to $500 per youth for items such as: extracurricular activities, senior photos, prom attire, class rings, summer camp, etc. To apply, complete a FRIENDS APPLICATION.